

**NHS
Cancer
Screening
Programmes
Let's Bingo!**

**ANSWER
CANCER**



Cancer Screening

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Bingo is a fun and interactive way to engage with your audience, everyone loves a good game of Bingo!

Bingo is easy to use and even easier to tailor to your audience needs. So straight forward – the first person to get a 'line' or a 'full-house' wins!

The Answer Cancer fact sheets can be downloaded and used to help when having brief advice conversations or for additional back-up information.

How to use at engagements

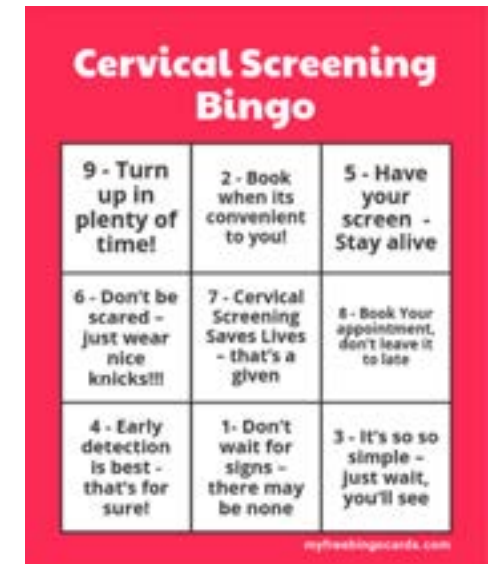
- Use in a group setting either in real life or over Zoom
- Hold a bingo session on social media i.e. Facebook or WhatsApp
- Use examples shown here or make up your own
- Tailor the quantity of numbers called depending on the time constraints of session
- Use in a work team meeting or with a community group
- The easiest way to make multiple (and different) bingo cards is to use myfreebingocards.com

www.myfreebingocards.com

Visit the website and follow the simple online instructions to set up your bingo cards.

You can print your bingo cards or choose a virtual link option to send to your players.

Each card is randomized so they are all different.



Here's an example bingo card generated for cervical screening bingo. You can use the bingo caller scripts provided (see page 4 -6) or create your own.

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How to evaluate

- How many people took part?
Is it appropriate to record gender, age or postcode of people so you know if you are reaching target audiences?
- How many brief advice conversations did you have?
- How many key messages were passed on?
- Any case studies?
Did you have any interesting conversations which you can anonymise? I.e. Someone reports they will now self-check, book or attend a screening appointment

Top Tips

- You can ask group members to make their own rhyming answers to numbers given. The best ones can be included in future games and on a website
- Sessions can easily be adapted for workplace, online Zoom meetings or community settings
- Could have mini prizes or giveaways for a 'line' or 'full house'. I.e. Pens, sweets or badges
- Can play 'stand-up', 'sit-down' or 'raise a hand' bingo. Ask members to stand up, sit down or raise their hand once all their numbers have been called out. Last person standing, sitting or with their hand not in the air, wins
- Encourage members to post to their social media platforms along with key messages
- Sample bingo cards are for demonstration purposes and can be added too or tailored to suit needs of groups or audiences playing

Cervical Awareness

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- Don't wait for signs – there may be none (No.1)**
- Book when its convenient to you! (No.2)**
- It's so so simple – just wait, you'll see (No.3)**
- Early detection is best – that's for sure! (No.4)**
- Have your screen – Stay alive (No.5)**
- Don't be scared – just wear nice knicks! (No.6)**
- Cervical Screening Saves Lives – that's a given (No.7)**
- Book Your appointment, don't leave it to late (No.8)**
- Turn up in plenty of time! (No.9)**

Breast Awareness

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Check for lumps (No.1)

Look in the mirror too! (No.2)

Don't be shy – let the nurse see! (No.3)

Monthly changes can make them sore (No.4)

Breast Screening Saves Lives (No.5)

Early detection is the trick (No.6)

Get changes checked early – say NO to heaven (No.7)

Attend for Breast Screening – don't leave it to late (No.8)

Don't worry too much – you'll be fine (No.9)

Bowel Awareness **Let's Bingo!**

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Check it before it's gone (No.1)

Check your poo! (No.2)

Ooops it was just a wee! (No.3)

Lock the bathroom door (No.4)

Complete the Kit - Stay alive (No.5)

Don't be scared - use the stick (No.6)

Screening Saves Lives - that's a given (No.7)

Complete it now, don't leave it to late (No.8)

Don't flush it down! (No.9)

Cancer Screening Key Messages

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Key Messages:

If it's unusual for you – see your GP

We all know our own bodies so if you notice anything unusual, book an appointment to talk through your concerns with your GP.

Early detection saves lives

People who regularly attend for screening or who go see their GP when they notice anything unusual, will have any changes picked up early. Treatment options and health outcomes will usually be better for them.

Cancer screening saves lives

People who regularly attend for screening are more likely to have any early changes in their body picked up **before** they turn cancerous.

